



www.liberty-works.co.uk
01223 329992
anna@lpltd.go-plus.net

TOP TIPS FOR A PROFESSIONAL IMAGE

Listen to your intuition. It is your most powerful sense. Develop it with confidence.

Inside-out. Any worries and concerns you may have will be directly visible to the people around you regardless of make-up and external facades, by your energy.

Address issues head on - Get grounded* and get therapy! *

Breathe deep into your diaphragm. * When you have parked the car breathe deeply for a few minutes. The oxygen will aid concentration and hence confidence.

Energise your day by carrying healthy snacks of nuts or dried fruit and drink at least 2 litres of water every day. Decline caffeine and tea.

Relax by being prepared, having enough time and realistic schedules.

Learn a simple relaxation technique*, which can be done anywhere, even at the traffic lights or in the Ladies.

Therapy. Get therapy! You are worthy it! You cannot be a good therapist unless you have had therapy yourself*.

Yourself. Be yourself, are you using techniques to hide your true self behind?

How well do you really know yourself? Who are you? *

Walk Tall – wear comfortable shoes always, it enables you to project an air of confidence, and good posture and hence reduces stress.

Organise essential items often. How many work hours have you wasted searching for tissues or tampons? This un-grounds you preventing good cost effective performance.

Relax again. Repeat the breathing exercise as many times as necessary to feel calm and peaceful.

Kick start each day by having 7 hours deep sleep every night, plenty of sex, and awaken to peaceful music. Use a SAD clock* during the winter months.

Stop. Be in the moment; listen to the stillness and the silence.

Read "Stillness Speaks" by Eckhart Tolle (ISBN no0340829745)